

# STELLAR *Life*

Hosted By *Orion*

## From a "Mom" to a "Sexy Mama"

10 Point Checklist

**Luci Lampe**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Sexy is knowing who you are and having the courage and the freedom to be that person."

**LUCI LAMPE**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Get to know yourself better by exploring. You can find a new hobby, meet new people, or travel to new destinations.
- Determine what you dislike on your process of self-discovery. It's easier to set boundaries when you're decisive about what you want in life.
- Don't expect to live happily ever after once you get married or start a family. It takes sacrifice, commitment, and hard work.
- Communicate openly with your partner and your children. It's healthy to express yourself around people who accept you for who you are.
- Invest in yourself and don't set self-care aside. You shouldn't forget about your own needs when taking care of your family.
- Never shut down your free, sexy side and keep doing what you love.
- Find time to take a break from work and give yourself some space. You can move forward when you know how to sit still.
- Own who you truly are in your work and your advocacy. Live a life where you can depend on your own choices and not the decisions of others.
- Find a partner who values your dreams and aspirations as much as you do; someone who wants to see you flourish in your own way.
- Don't settle in conformity. Embrace your unique identity and look for that in others.